



Washington Massage News

Affiliated with American Massage & Therapy Association

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Washington State Presidents Message

Issue —

My Experience with Vitamin Therapy.

John H. Murray

Editor

In treating my clientele with massage therapy many of them give me clues to their eating habits by telling me of their general condition. By careful inquiry I am able, to a reasonable degree from the symptoms they describe, to have a fair idea of their vitamin deficiencies.

I am not a nutritionist or a dietician. My experience has come from reading and trying and testing upon myself.

I have found that the vitamins A, B, & C are a must for almost everyone and especially after middle age. Vitamin C is vital to your well being. Unfortunately the body does not store this important vitamin. Calcium and Phosphorus as we all know is needed for bone building. They depend upon vitamin C, so does the stuff which lies between the cells of the bones, called the matrix. This need goes on continually, so we must maintain a constant supply.

A long continued absence brings about stiffness of joints, closely resembling what is commonly called rheumatism.

The best way to be sure you are getting enough Vitamin C is to eat a generous quota of raw fruits and vegetables each day. Much Vitamin C is lost by exposure to heat, that is why we should "quick cook" vegetables and save the pot liquors. Vitamin C can be obtained from inexpensive turnips and beet tops, cabbage in cole slaw or "quick cooked". Potatoes are an excellent source of Vitamin C in the american diet, because they are frequently used.

Don't be afraid to saturate yourself with Vitamin C foods, for as long as you breathe, the calcium and phosphorus in your bones should be adequately replaced. We need at least fifty times more per day of Vitamin C than we do Theamin Hydro-Chloride, Vitamin B 1, which I will talk about at a later time.

Fraternally yours, Fraternally yours, Fraternally yours,
Blossom G. Guntley - R.M.T.

Injections for Psoriasis

A promising new technique for treating chronic and resistant cases of Psoriasis has been reported by a Wood Bridge, New Jersey physician. A suspension of Triamcinolene, a hormone, is injected into the upper layer of loose tissue under areas of scaly skin. In less than ten days the injections clear the skin completely. At the end of eleven months only one sixth of the skin areas so treated have become scaly again; repetition of the injections have cleared the area once more.

Archives of Dermatology
Vol. 81 page 535

Massachusetts News

Massachusetts News is a weekly newspaper published eight times a month.

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The Doctors little daughter opened the door to the caller. "Is the doctor at home?" he asked, "no sir" replied the child, "he is out performing an appendectomy." The caller smiled, and said, "That's a pretty big word for a little girl like you. Do you know what it means?" The little one nodded, "Oh yes... it means \$125."

Son: Dad, what is love?

Father: Love is an ocean of emotions, surrounded by expanses of expenses.

A miracle drug is any drug you can get the kids to take without screaming.

The best way for a housewife to have a few minutes alone at the end of the day is to start doing the dishes.

Dear John:

We have just returned from our trip to the south country where we saw a lot much and enjoyed all we saw. I promised to write an article for the September issue of the Washington Massage News. I trust I will not be too late.

May I at this time reflect upon the topic of:

THINKING AND BROADMINDEDNESS

Tolerance and intolerance are subjects of great confusion to the average man and woman. Tolerance is always supposed to be desirable because it is taken to mean broadmindedness.

Intolerance is commonly believed to be undesirable because it is taken to mean narrow mindedness. The truth is that tolerance and intolerance apply to two different things.

Actually intolerance applies only to principles, never to persons. On the other hand, tolerance applies only to persons, never to principles.

Human beings are changeable and capricious, so we must be tolerant and broadminded toward all. But in respect to profound principles, we must, as it were, be intolerant and virtually narrow minded, or one might say single minded.

(cont.)

Habits of right thinking, and living depend upon principles. Errors in thinking, as well as departures from right living admit to no compromise. One cannot be broadminded in deviations from principles. We can and should be broadminded and sympathetic to the person who errs in principles. We must be intolerant in regards to the principle itself.

Do not be afraid to be intolerant about the laws of nature. It is the weak, not the strong, who are tolerant and broadminded about breaking immutable laws upon which nature rests.

Accept or reject their thoughts as you will. I merely have expressed myself and my way of thinking. I believe what I have written even though I many times find myself erring in my actions. Never the less I do believe what I have written and I am striving to better myself daily by studying myself and applying my beliefs.

Now John, may I say at this time that I have my property for sale. Mrs. Piper and I will be moving to California. How soon this will come about, we do not know, and until then, I hope to continue the warm association I have found with you and the Washington Chapter of the Association.

My kindest regards and best wishes to you and your family and sincere best wishes and greetings to all of our Association.

Fraternally yours,
Stewart Piper, R.M.T.

This article submitted by Arthur Dunbar, for his October contribution to the *Massage News*, is reprinted with permission from *Social Work*, Vol. 2, No 3, July, 1957, Attributes of a Profession. It is a very fine article of some length, so I will print it in installments beginning in this September issue.

ATTRIBUTES OF A PROFESSION

The professions occupy a position of great importance on the American scene. In a society such as ours, characterized by minute division of labor based upon technical specialization, many important features of social organization are dependent upon professional functions. Professional activity is coming to play a predominant role in the life patterns of increasing numbers of individuals of both sexes, occupying much of their waking time, providing life goals, determining behavior, and shaping personality. It is no wonder, therefore, that the phenomenon of professionalism has become an object of observation by sociologists. The sociological approach to professionalism is one that forms its matrix, which performs its social functions through a network of formal and informal relationships, and which creates its own subculture requiring adjustments to it as a prerequisite for career success.

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diamond cutting, monument-engraving, or cabinet-making involve more intricate operations than school teaching, nursing, or social work. Therefore, to focus on the element of skill per se in describing the professions is to miss the kernel of their uniqueness.

The crucial distinction is this; the skills that characterize a profession flow from and are supported by a fund of knowledge that has been organized into an internally consistent system called a body of theory. A profession's underlying body of theory is a system of abstract propositions that describe in general terms the classes of phenomena comprising the profession's focus of interest. Theory serves as a base in terms of which the professional rationalizes his operations in concrete situations. Acquisition of the professional skill requires a prior or simultaneous mastery of the theory underlying that skill. Preparation for a profession, therefore, involves considerable pre-occupation with systematic theory, a feature virtually absent in the training of the non-professional. And so treatises are written on legal theory, musical theory, social-work theory, the theory of the drama, and so on; but no books appear on the theory of punch-pressing or pipe-fitting or bricklaying.

Because understanding of theory is so important to professional skill, preparation for a profession must be an intellectual as well as a practical experience. On-the-job training through apprenticeship, which suffices for a non-professional occupation, becomes inadequate for a profession. Orientation in theory can be achieved best through formal education in an academic setting. Hence the appearance of the professional school, more often than not university-affiliated, wherein the milieu is a contrast to that of the trade school. Theoretical knowledge is more difficult to master than operational procedures; it is easier to learn to repair an automobile than to learn the principles of the internal combustion engine. There are, of course, a number of free-lancing professional pursuits (e.g., acting, painting, writing and composing, and the like). Wherein academic preparation is not mandatory. Nevertheless, even in these fields various "schools" and "institutes" are appearing, although they may not be run along traditional academic lines. We can generalize that as an occupation moves toward professional status, apprenticeship training yields to formalized education, because the function of theory as a groundwork for practice acquires increasing importance.

The importance of theory precipitates a form of activity normally not encountered in a non-professional occupation, viz., theory construction via systematic research. To generate valid theory that will provide a solid base for professional techniques requires the application of the scientific method to the service-related problems of the profession. Continued employment of the scientific method is nurtured by and in turn reinforces the element of rationality. As an orientation, rationality is the antithesis of traditionalism. The spirit of rationality in a profession encourages a critical, as opposed to a reverential, attitude toward the theoretical system. It implies a perpetual readiness to discard any portion of that system, no matter how time-honored it may be, with a formulation demonstrated to be more valid. The spirit of rationality in a profession encourages a critical, as opposed to a

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In the evolution of every profession there emerges the researcher-theoretician whose role is that of scientific investigation and theoretical systematization. In technological professions, a division of labor thereby evolves: that between the theory-oriented and the practice-oriented person. Witness the physician who prefers to attach himself to a medical-research center rather than to enter private practice. This division may also yield to cleavages with repercussions upon intra-professional relationships. However, if properly integrated, the division of labor produces an accelerated expansion of the body of theory and a sprouting of theoretical branches around which specialties nucleate. The net effect of such developments is to lengthen the preparation deemed desirable for entry into the profession. This accounts for the rise of graduate professional training on top of a basic college education.

Professional Authority

Extensive education in the systematic theory of his discipline imparts to the professional a type of knowledge that highlights the layman's comparative ignorance. This fact is the basis for the professional's authority, which has some interesting features.

A non-professional occupation has customers; a professional occupation has clients. What is the difference? A CUSTOMER determines what service and/or commodities he wants, and he shops around until he finds them. His freedom of decision rests upon the premise that he has the capacity to appraise his own needs and to judge the potential of the service or of the commodity to satisfy them. The infallibility of his decisions is epitomized in the slogan: "The customer is always right!" In a professional relationship, however, the professional dictates what is good or evil for the client, who has no choice but to accede to professional judgment. Here the premise is that, because he lacks the requisite theoretical background, the client cannot diagnose his own needs or discriminate among the range of possibilities for meeting them. Nor is the client considered able to evaluate the caliber of the professional service he receives. In a non-professional occupation the customer can criticize the quality of the commodity he has purchased, and even demand a refund. The client lacks this same prerogative, having surrendered it to professional authority. This element of authority is one, although not the sole, reason why a profession were to advertise, it would, in effect, impute to the potential client the discriminating capacity to select from competing forms of service. The client's subordination to professional authority invests the professional with a monopoly of judgment. When an occupation strives toward professionalization one of its aspirations is to acquire this

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The client derives a sense of security from the professional's assumption of authority. The authoritative air of the professional is a principal source of the client's faith that the relationship to he is about to enter contains the potentials for meeting his needs. The professional's authority, however, is not limitless; its function is confined to those specific spheres within which the professional has been educated. This quality in professional authority Parsons calls functional specificity. Functional specificity carries the following implications for the client-professional relationship.

The professional cannot prescribe guides for facets of the client's life where his theoretical competence does not apply. To venture such prescriptions is to invade a province wherein he himself is a layman, and, hence, to violate the authority of another professional group. The professional must not use his position of authority to exploit the client for purposes of personal gratification. In any association of superordination-subordination, of which the professional-client relationship is a perfect specimen, the subordinate member here, the client--can be maneuvered into a dependent role. The psychological advantage which thereby accrues to the professional could constitute an temptation for him. The professional must inhibit his impulses to use the professional relationship for the satisfaction of the sexual need, the need to manipulate others, or the need to live vicariously. In the case of the therapeutic professions it is ideally preferred that client-professional intercourse not overflow the professional setting. Extra-professional intercourse could be used by both client and professional in a manner such as to impair professional authority, with a consequent diminution of the professional's effectiveness.

Thus far we have discussed that phases of professional authority which expresses itself in the client-professional relationship. Professional authority, however, has professional-community ramifications. To these we now turn.

Sanction of the Community

Every profession strives to persuade the community to sanction its authority within certain spheres by conferring upon the profession a series of powers and privileges. Community approval of these powers and privileges may be either informal or formal; formal approval is that reinforced by the community's police power.

Among its powers is the profession's control over its training centers. This is achieved through an accrediting process exercised by one of the associations within the profession. By granting or withholding accreditation, a profession can, ideally, regulate its schools as to their number, location, curriculum content, and caliber of instruction. Comparable control is not to be found in a non-professional occupation. The profession also requires control over admission into the profession. This is achieved via two routes. First, the profession convinces the community that no one should be allowed to wear a professional title

who has not been conferred it by an accredited professional school. Anyone can call himself a carpenter, locksmith, or metal-plater if he ~~feels~~ feels so qualified. But a person who assumes the title of physician or attorney without having earned it conventionally becomes an imposter. Secondly, the profession persuades the community to institute in its behalf a licensing system for screening those qualified to practice the professional skill. A *sine qua non* for the receipt of the license is, of course, a duly granted professional title. Another ~~and~~ prerequisite may be an examination before a board of inquiry whose personnel have been drawn from the ranks of the profession. Police ~~officer~~ power enforces the licensing system; persons practicing the professional skill without a license are liable to punishment by a public authority.

Among the professional privileges, one of the most important is that of confidentiality. To facilitate efficient performance, the professional encourages the client to volunteer information he otherwise would not divulge. The community regards this as privileged communication, shared solely between client and professional, and protects the latter legally from encroachments upon such confidentiality. To be sure, only a select few of the professions, notably medicine and law, enjoy this ~~immunity~~ immunity. Its very rarity makes it the ultimate in professionalization. Another one of the professional privileges is a relative immunity from community judgment on technical matters. Standards for professional performance are reached by consensus within the profession and are based on the existing body of theory. The lay community is presumed to be incapable of comprehending these standards and, hence, of using them ~~not~~ to identify malpractice. It is generally conceded that a professional's performance can be evaluated only by his peers.

The powers and privileges described above constitute a monopoly granted by the community to the professional group. Therefore, when an occupation strives toward professional status, one of its prime objectives is to acquire this monopoly. But this is difficult to achieve, because counter-forces within the community resist strongly the profession's claims to authority. Through its associations the profession wages an organized campaign to persuade the community that it will benefit greatly by granting the monopoly. Specifically the profession seeks to prove: that those who possess this education, in contrast to those who do not, deliver a superior service; and that the human need being served is of sufficient social importance to justify the superior service performance.

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By examining the following table it will be seen that the
percentage of the total population of each country
which is composed of Negroes is as follows: